

WINTER 2023 - 2024

Press kit

Brides-les-Bains, the best deal of the 3 Vallées !



 **brides les bains**
LES 3 VALLÉES

CONTENTS

Editorial

Bruno PIDEIL,
Mayor of Brides-
les-Bains

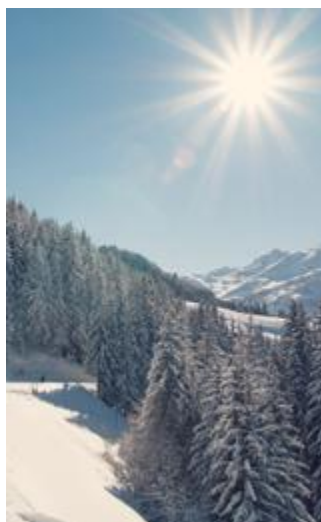
05



Focus

Figures and values
of Brides-les-Bains

06



Coming up

What's new ?

08



Accessibility

Brides-les-Bains,
accessible to all

10





18

A 4-season sports camp, reach new summits at Brides-les-Bains

Base Camp



26

The Grand Spa Thermal and thermal treatments

The Thermal village



28

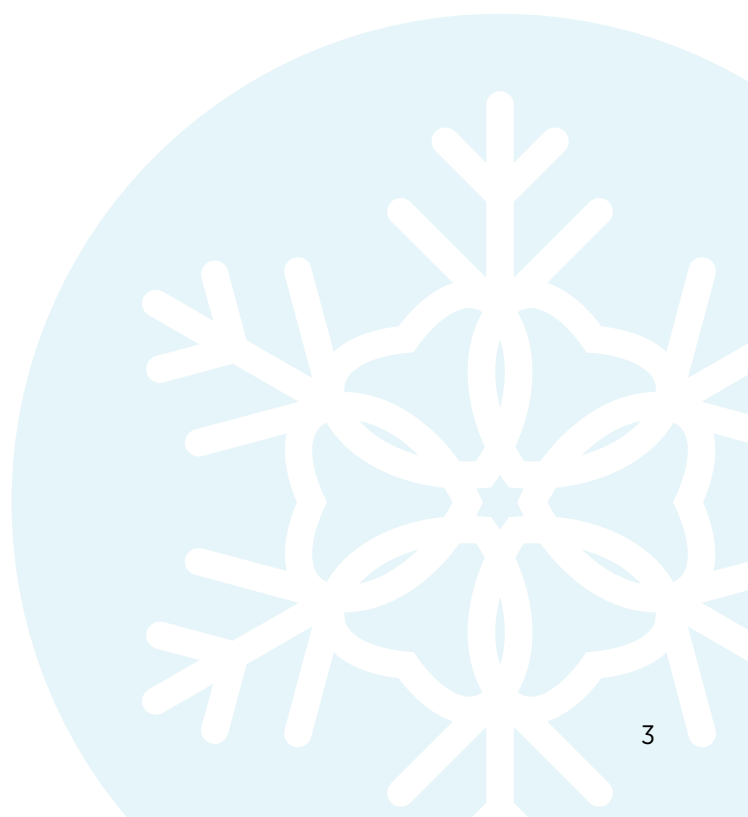
Discover the 3 Vallées




30

Major events

Agenda







EDITORIAL

Verbatim from Bruno PIDEIL, Mayor of Brides-les-Bains



«Brides-les-Bains is a ski and spa resort that operates virtually all year round. From December to April, thanks to its incredible location with direct access to the largest ski area in the world, the 4-season village transforms into a real ski village, welcoming thousands of ski and winter sports enthusiasts from all over the world to enjoy these legendary slopes. The village was chosen to host the 2023 Alpine World Ski Championship!

From mid-March to October, we specialise in thermal and wellness treatment programmes with the Grand Spa Thermal, the largest spa in the Alps. We host major sporting and cultural events: the Tour de France, the Col de la Loze Cyclo sportive Grand Fondo and the Angoulême Francophone Film Festival via Brides-les-Bains. Tourist activity is intense, 11 months out of 12, which is a great economic model» **Bruno Pideil, Mayor of Brides-les-Bains.**

Brides-les-Bains became a ski village following the Albertville Winter Olympics in 1992. The spa village underwent a number of changes to become an «Olympic village», welcoming skiers, media and tourists from all over the world. It was at this time that the *Olympe* cable car linking the village to Méribel was built. Thirty years on, the ski village has lost none of its heritage.

Much more than a spa village, Brides-les-Bains is at the heart of an incredible playground. In winter, winter sports fans have direct access to the ski slopes of the 3 Vallées, with over 600 kilometres of ski slopes. In summer, on foot or by bike, everyone can enjoy our panoramic views and fresh mountain air.

At the entrance of the village, the name of the commune is followed by the words «Thermalism and winter sports», the village's DNA.

Its geographical location and thermal expertise make it an exceptional holiday destination all year round!



600 m

high, the village of Brides-les-Bains is the ideal altitude to enjoy the fresh air without suffering from altitude sickness

4800 beds

in Brides-les-Bains during winter with 14 2** and 4**** hotels and 10 residences

1992

creation of the Olympe cable car linking Brides to the 3 Vallées

600 km

ski runs on the 3 vallées ski area, the largest ski area of the world

2 700 m²

the Alps' largest thermal spa is in Brides-les-Bains. It's one of the largest in France !

512

inhabitants but up to 7,000 at the peak of the season..



VALUES

Well-being

Brides-les-Bains is a spa village where health and well-being are essential parts of its DNA. The Thermes specialise in thermal treatments for excess weight and rheumatism.

The Grand Spa Thermal, the largest spa in the Alps, has 2700m² of treatment areas and wellness activities in the heart of the village.

Sport & health

The village has forged partnerships with top sportsmen and women: AG2R CITROEN TEAM, SD WORX, Brooks Trail Project and Orsatus Ski Racing. At the same time, it has launched all levels sporting events to promote sporting activities for all, such as the Défi de l'Olympe, the Enduro and the Gran Fondo Col de la Loze cyclosportive.

Brides-les-Bains offers a range of events and activities for everyone to help get gently back into shape: yoga, pilates, walks and more. Sport and health are key concerns for the town.

Balance

The spa village created the "*label diététique*", a unique label which guarantees innovative, balanced and exquisite menus. A flavourful cuisine based on seasonal produce.

It's a guarantee, backed up by 73 compulsory criteria and assured by dieticians.

Nature

Brides-les-Bains is a spa resort and ski village lying at the heart of the valley in the Vanoise massif, one of the jewels of Savoie Mont Blanc. As the gateway to the 3 Valleys, it provides access to the largest ski area in the world.

Water is at the core of life in Brides-les-Bains. The village was built around water and continues to develop and grow thanks to it, particularly with the spa industry, which goes on to this day.


COMING UP What's new ?


New timetable of the Olympe cable car, a bistronomic restaurant.


This winter, Brides-les-Bains' Tourist Office is launching a marketplace.


Every Wednesday and Thursday throughout the winter season, the giant screen in the Parc Thermal will be offering quality screenings!



 The new timetable for the Olympe cable car: 7.30am in the morning, closing at 5pm in the first half of the year and 5.30pm in the second half from the 16th February. This year the cable car will open earlier to allow access to the first ski lessons of the day in Méribel. These new opening times will enable ski enthusiasts to be on the slopes as early as possible and make the most of their stay.

 The bistronomic restaurant Le 26 rue Emile Machet, opened its doors this summer. This is a bistronomic restaurant offering traditional cuisine with a twist, refined and inventive to surprise and awaken the senses.

 This winter, Brides-les-Bains' Tourist Office launches its marketplace. This online booking interface will be launched by the end of 2023, enabling everyone to benefit from a centralised platform to book holidays, accommodation, activities, festivals and other events, and thus benefit from the best rates and ease of booking.

 Every Wednesday and Thursday throughout the winter season, the giant screen in the Parc Thermal will be offering quality screenings: films, short films on sporting and seasonal themes and open-air cinema sessions completing Le Doron cinema's screenings. An echo of the Angoulême Francophone Film Festival via Brides-les-Bains, which celebrated its 10th anniversary in 2023, and a reaffirmation of the town's commitment to the seventh art.

BRIDES-LES-BAINS, A POPULAR DESTINATION FOR ALL

Spend less, live better : enjoy all the benefits of a high-altitude resort at a fair price

Inflation and the loss of purchasing power have been on everyone's lips in recent months: in France, INSEE has put average inflation at 5.2% over one year in 2022. Price rises have reached 8.5% for the most affected households and have been limited to 3.4% for the least impacted households, according to OFCE calculations. Cutting costs is at the forefront of everyone's minds, but that doesn't mean you have to give up your winter holidays just yet.

Brides-les-Bains is a green and thrifty **4-season destination**. This charming village is very popular all year round. It welcomes thermal spa-goers from March to October and winter sports enthusiasts from December to April, with no low season. The accommodation which welcomes spa-goers during the summer months is freed up to cater for the arrival of winter sports enthusiasts. As a result, its accommodation is **30-50% cheaper** than in the other 3 Vallées ski resorts. All the comforts and advantages of the biggest resorts, but at budget friendly prices! The Olympe cable car provides a direct link to the 3 Vallées, the world's largest ski area: the slopes of Courchevel, Méribel, Les Menuires, Saint-Martin, Orelle and Val Thorens are yours for the taking!



Skiing for all

As base camp for the 3 Vallées, Brides-les-Bains is the gateway to the largest ski area in the world: open for 5 months, with **342 slopes and 600 kilometres of linked ski runs**. With 85% of the ski area above 1800m, skiing and snow are guaranteed, all less than 10 minutes from Moûtiers' train station! All year round, the ski village offers free activities for all the family. Take the Olympe cable car from the heart of **the village to the 3 Vallées ski area in just 25 minutes**, with direct access to the downhill and cross-country ski runs and Méribel's high-altitude trails. With 16% green runs, 41% blue runs, 33% red runs and 10% black runs, the 3 Vallées offers almost half easy runs and half expert runs.

Accessible to all !

The village is accessible by train, so the carbon footprint of a stay is virtually zero.

- **Paris-Moutiers train journey takes 4 hours and a half** from around €60, with a shuttle service to Brides.
 - **London-Moutiers Eurostar takes just over 8 hours** from £99, with a shuttle to Brides.
- Once there, everything is within walking distance: hotels, restaurants, spa, cable car, ski lockers for added comfort, as well as all the activities on offer in town, such as hiking, ice sculpture, concerts, etc.). So leave the car in the garage and enjoy a low-carbon holiday!

Accommodation for everyone

With over 4,800 beds, Brides-les-Bains has quality accommodation of every type to suit all budgets! There's a choice of 2-to-4-star hotels, as well as 10 residences, so you're sure to find your ideal accommodation.

HOTEL 2* : HOTEL LES ALPES



Contact
www.alpeshotel.fr
15 rue du Dr Paul Mathieu
73 570, Brides-les-Bains
tel. +33 (0)4 79 55 21 08
alpeshotel@aol.com

HOTEL 4* : GOLF HOTEL



Contact
www.hiver.golf-hotel-brides.com
20 avenue du Comté Greyfie de Bellecombe
73 570, Brides-les-Bains
tel. +33 (0)4 79 55 28 12

HOTEL 3* : LE VERSEAU



Contact
www.hotel-le-verseau.com
Rue du 8 mai 1945 BP23
73 570, Brides-les-Bains
tel. +33 (0)4 79 55 27 44
hotel.le.verseau@wanadoo.fr

RÉSIDENCE EURECA



Contact
www.eureca-brides.com
33 rue Aristide Briand
73 570, Brides-les-Bains
tel. +33 (0)4 79 55 26 19

NEW : ALTICIMES 7 NEW APPARTEMENTS

Contact
www.alticimes.com
2 Avenue des Marronniers
73 570, Brides-les-Bains
tel. +33 (0)4 79 01 15 75



Activities for all !



The resort offers a lot of free activities and entertainment for young and old alike. Sporting and fun, they allow tourists and locals to get together: mulled wine or hot chocolate in the thermal parc, giant croziflette, film screenings and short films on the big open-air screen and numerous concerts and DJ sets, with local, Savoyard and other artists offering an eclectic musical programme. And there are many more surprises in store!

In the thermal parc, a welcome drink awaits new arrivals every Sunday, warm up with mulled wine or hot chocolate. Concerts and DJ sets are organised in the refreshment area, giving you the chance to discover local artists and get your dance on! Throughout the winter, the resort offers free screenings of films and short films on winter sports themes. These open-air cinema screenings are offered in addition to the screenings at Le Doron cinema in Brides-les-Bains. One of the 3 cinemas in the 3 vallées, it welcomes over 350 people to its 2 screens, it is open 6 days a week. Introductory laser shooting sessions are also organised in the thermal parc, offering a unique sporting experience for beginners and advanced alike, as biathlon is a sports for all.



Gentle walks to discover the village and surrounding area are organised, so all you have to do is let yourself be guided and enjoy a breath of fresh air. Ice sculpture demonstrations are held every Tuesday during the school holidays. Young and old alike can observe the art of carving silhouettes or buildings from gigantic blocks of ice, a great way to tame the cold! Relaxation and stretching, to get the day off to a good start or to unwind after a day on the slopes, these sessions are an opportunity to relax and stretch. Ideal for preparing your body and recovering after exercise. The same goes for the Pilates method, a gentle physical workout that maintains, re-educates and develops the body.



Winter sports

In Brides-les-Bains, a wide range of outdoor activities are available to vary your experiences and create memorable moments.

The activities are accessible to all, and completely beginner friendly as experts are on hand to guide you every step of the way. Tourists can take on the role of musher for half a day, share a unique moment by taking up laser shooting and biathlon, not forgetting the many walks or snowshoe hikes to discover the sublime landscapes of the Tarentaise Valley and the Vanoise Parc.

And to recover from all this, what better way than to take advantage of the expertise at the Grand Spa Thermal. 2700m² facilities for wellness treatments in the heart of the village. It's the largest thermal spa in the Alps! Sports enthusiasts, tourists and locals alike can all enjoy the benefits of the water and the treatments provided by the spa's experts.

In partnership with the ESF (French ski school), Brides-les-Bains offers a 3D ski package: Discover the ski area on Sundays. On Sunday mornings from 9.15am to 11.45am (2h30), the instructor will show the group the slopes of the 3 Vallées ski area so that they can make the most of their stay in complete autonomy afterwards. Price 255€ for a group of 6 to 8 people of a similar skiing ability (intermediate and/or advanced skiers).

Individual bookings: contact@esf-meribel.com
Bookings via TO & accommodation providers: commercial@esf-meribel.com
New this year, the ESF is offering «Masterclasses», group lessons for English-speaking adults. Four half-days + one full day with an instructor to perfect your skills. 500€ per person for the week.



And as every year: private lessons and group lessons in all disciplines, “piou-piou” nursery for 18 months-3 years, activities other than downhill skiing such as -country skiing, biathlon, tobogganing, snake gliss, groups & seminars, etc.





Snowshoe outings with Raquett'Evasion

Raquett'Evasion's qualified guides offer a private, tailor-made snowshoe outing for families or small groups of friends.

This outing allows you to discover special places, as well as the history of the valley and much more, because the guide is passionate about the mountains. Whether you're a beginner or an expert, this outing will be adapted to suit your level and interests.

Dog-sleigh excursions

Pretend you're Jack London and plunge into the magical world of the Great North. This unique and ancient way of gliding is like a joyful dance to the rhythm of the barking of your new and already faithful companions. It's an adventure in which young and old alike can marvel at the unique passion of the musher and his love for his dogs.

Nordic Ranch

The Méribel equestrian centre offers a wide range of activities for young and old alike. It offers lessons, rides and courses for all levels of rider, from beginner to advanced. In winter, pony sledging and ski-joering are fun activities not to be missed.

Snowmobile trekking

Snowmobile touring without a licence, from 16 years of age, accompanied by an instructor.

For experienced riders or beginners with good driving skills, can be done solo.



Paragliding

With friends or family, paragliding allows you to fly over the 3 Vallées and ski area from above. For beginners, Méribel offers two-seater paragliding lessons with take-off and landing on skis from La Saulire, lasting between 15 and 25 minutes. All you have to do is glide straight down for around ten metres before taking off gently. The landing is very gentle few metres glide.



Biathlon

Biathlon is both a sport and a fun activity which combines skiing and rifle shooting. It's a sport that allows you to keep fit through cross-country skiing, but also to develop concentration and resistance to stress through shooting.



Adult toboggan

This is a 3.4 km sledge run on snow, descending 470m with 28 corners. Welcome in a fantastic universe : the magical Arbin forest, full of creatures and games of all kinds. Minimum height 1.40m. Start from Tournètte Gondola.



As for the little ones

Ready, steady, sledge! During the day or after skiing, children will love going down the Kenotte run, a safe toboggan run. Easy, safe and isolated from skiers, with a gentle slope and a carpet to help you get back up without running out of breath... A gentle slope to help them discover the first sensations of sledging!



In summer

Hikes, trail rides, cycling, mountain biking, via ferrata, climbing, golf, rafting etc. are just some of the ways you can rediscover the breathtaking landscapes of this area without the snow. As a spa village, the resort also offers more gentle activities, such as photo walks along the Doron, hydrogen bike rides, muscle toning, chair yoga and much more!

BRIDES-LES-BAINS, BASE CAMP

A 4-season base camp, Brides-les-Bains accompanies sports holidays to the summits.

Orsatus Ski Racing, top-level alpine skiing

The Orsatus Ski Racing association has been approved as a partner by the French Ski Federation under an agreement since 2015. **They have 12 trainers all year round** (15 in winter), responsible for training and preparing courses for the athletes. It includes 2 sports directors, brothers Alexandre and Jean-Baptiste Fourrat, who have lived in Brides-les-Bains since they were teenagers. The goal is to offer a second chance to passionate young skiers who are not selected for their regional teams, and help established athletes move on to the next level. They also support small federations that are not structured for athletes at this level of skiing.

Brides-les-Bains is the ideal base camp for Orsatus : the 2 directors, Alexandre and Jean-Baptiste Fourrat chose Brides-les-Bains, their hometown where they have lived for over 20 years, because the village is the gateway to the 3 Valleys, the largest ski area in the world. The geography means that they can train in 3 resorts from the ski village, Méribel, only 25 minutes away by the Olympe cable car, Courchevel or Pralognan la Vanoise, depending on the slope variations required. The village is easily accessible by public transport, 10 minutes from Moûtiers bus station and 1h30 from Geneva and Lyon airports, giving it a **strategic location** for accessing all the international races in Europe during the winter.

In winter 2023, the team experienced a special moment with the World Championships taking place at home. The Orsatus team was represented by 10 athletes from 8 different nations: Tess Arbez / Ireland - Elise Pellegirn / Malta - Mialitiana Clerc / Madagascar - Kim Vanreusuel / Belgium - Maria Eleni Tsiovolou / Greece - Manon Ouais / Lebanon - Nathan Tchibozo / Togo - Mackenson Florindo / Haiti - Cormac Comerford / Ireland - Ioannis Antoniou / Greece





The athletes were proud to represent their home countries in their beloved village of Brides-Les-Bains. The team and the ski village experienced an amazing moment during the final of the Parallel World Cup team competition, when Belgium fell shy to qualify thanks to the exploit of Orsatus athlete Kim Vanreusel, 3rd best time in the entire women's competition.

At Brides-les-Bains, the whole town came out to support their «Belgian but local» athlete, hoping to see her beat all the odds! Only sport can provide moments like these.

New recruits

Tifany ROUX

After 9 years in the French national team, top 20 in the World Cup and French Giant Slalom champion in 2023 in all age categories, the southerner from the Alpes Provence committee in the resort of Le Sauze has chosen to join Orsatus.

A great source of pride for Orsatus and a great opportunity for the younger skiers to share the coming year with her.



Among the youngest foreigners

Alexandre Gastel, a young Montblanc native from the Pôle France, Noémie Longchamps, a young Canadian from Montreal and Léo Monnier from Switzerland, all top 20 in the world in their age group, have joined the already strong international Orsatus team.

Orsatus in figures

- High-level ski academy founded 13 years ago
- More than 880 athletes have passed through the academy
- 85 different athletes trained each year
- Training throughout Europe
- 16 different nations
- 17 coaches
- 10 athletes have joined the French national team in the last 5 years
- Participation in over 250 FIS, European Cup and World Cup races every winter
- 2022 Olympic Games: 8 Orsatus athletes selected
- Courchevel Méribel 2023 World Championships: 10 Orsatus athletes selected

Leading sports partnerships

The main aim of the Brooks Trail Project is to give young trail runners between the ages of 15 and 21 access to a comprehensive training programme to enable them to become world-class athletes.

This training makes it a point of honour to respect all the phases of their preparation, from training to nutrition, not forgetting physical and mental preparation. Brides-les-Bains provides them with expertise and advice not only on nutrition but also on training terrain, defining the best routes for the trail runners together. A fruitful partnership in view of the athletes' fine performances during their recent races.



BROOKS TRAIL PROJECT



Train like the pros in Brides-les-Bains!

Check out the training sessions of the greatest athletes on Brides-les-Bains Strava site. For those who don't know Strava yet, it's a website and mobile app used to record sporting activities via GPS. Athletes training in the spa village have all recorded their training routes, giving everyone the opportunity to try and match their training performances. There are cycling, trail and skiing routes available. This is your chance to take inspiration from their training routes and create your own sessions.



strava

A group of cyclists from the AG2R Citroën Team are riding on a paved road that winds through a rocky, mountainous landscape. The cyclists are wearing white jerseys with red and blue accents, brown shorts, and white helmets. They are riding blue and red BMC road bikes. The background features steep, rocky hillsides with sparse green vegetation under a clear blue sky.

AG2R CITROËN TEAM

AG2R CITROËN TEAM chose Brides-les-Bains as the base camp for its mountain training camp in July in preparation for the Vuelta. The riders took advantage of the many demanding routes offered by the region and the village's expertise in nutrition and physical recovery.

SD WORX



Team SD Worx: the best women's cycling team in the world this year again, and number one in the UCI team rankings. For the last two years, the team has been training at altitude in Brides-les-Bains in preparation for the major tours, the Giro and the Tour de France for Women. Dutch rider Demi Vollering, who won the second women's Tour de France in 2023, says of Brides-les-Bains: «Brides-les-Bains has in a way become our home in terms of altitude training. «The great thing about this place is that you can go in all directions and there are long climbs everywhere.»



THE THERMAL VILLAGE

The Grand Spa Thermal

The Grand Spa Thermal is 2700m² of treatment areas and wellness activities in the heart of the village. It's the largest thermal spa in the Alps! All year round, the Grand Spa Thermal offers a wide range of treatments to help guests escape during these precious moments. The Grand Spa Thermal offers unique expertise and professional teams who listen to customer's every need. Space, light, precious thermal spring water, individual treatments... a wonderful break in an exceptional setting.

Summer and winter alike, hammams, saunas and steam baths with aromatic plants offer a haven of well-being for all, a real invitation to relax and unwind. An 18-metre-long leisure pool with 2 jacuzzies, 2 bubble beds, underwater jets, 6 swan necks and other water features, and a 25-metre-long swimming corridor are just some of the ways you can recharge your batteries in the middle of winter.

Its geographical location and thermal expertise make Brides-les-Bains an exceptional holiday destination all year round!

Thermal treatments

Brides-les-Bains is the No. 1 thermal spa for weight loss specialist in France, with 12,000 people taking the waters every year. The Thermes offer 2 therapeutic treatments:

- Obesity, digestive system and metabolic disorders (AD), at Brides-les-Bains
- Rheumatology and osteoarthritis (RH), in Brides-les-Bains and Salins-les-Thermes.



Both conditions can be treated at the same time by choosing the Dual Orientation treatment. Therapeutic education programmes validated by the ARS created by the professionals at the Brides-les-Bains' Thermes, provide comprehensive, personalised treatment for obesity and diabetes.

- The weight-loss treatment is based on several decades' experience of Brides-les-Bains' Thermes in the treatment of excess weight and associated pathologies such as type 2 diabetes.
- The contracted Rheumatology (RH) spa treatment is an effective treatment with no side effects for rheumatism and osteoarthritis. It's possible to lose weight and regain mobility by combining both treatments, Overweight (AD) and Rheumatology (RH). 65% of patients chose both treatments.

From March to October, the Thermes' health professionals put their expertise at the service of patients. Individual consultations, themed conferences, cooking workshops, a soft return to physical activity - everything is done to help them adopt healthy habits. Dieticians, sports instructors, physiotherapists, beauticians and hydrotherapists have pooled their skills and experience to offer patients the treatments best suited to their needs.

This includes the *"Label Diététique"* of Brides-les-Bains, which guarantees a balanced diet, quality and varied ingredients. Restaurant staff are accompanied by dieticians throughout the season.

9 certified hotel and restaurants: Le Verseau, Le Savoy, Le Golf, Les Chalets, L'Amélie, La Vanoise, L'Altis Val Vert, Mercure - Grand Hôtel des Thermes, Le Centre, L'Hermitage. 1 restaurant, L'Héliantis and 1 caterer, La Maison de Marielle.

MAIN EVENTS

DO NOT MISS



Christmas Eve

24th December

From 4.30pm, meet Santa for a photoshoot in the park. Then from 5.30pm to 7.30 pm, he will walk around the town. A workshop devoted to creating letters to Father Christmas will be organised, the letters will be attached to a balloon and released to the north pole. There will be Christmas snacks: clementines & papillotes.



New Year's Eve party

31st December

Follow the music. The musicians will guide you to the festivities waiting for you at the parc Thermal.

Fireworks will close the year near 11 pm.

Carnival

21st February

Schools will take part in an event is organised in the thermal park on 21st February with music bands and entertainment such as a make-up stand for children. Food and drink available.

St Patrick's Day

17th March

This Irish festival takes place on 17th March.

Brides-les-Bains' bars will be dressed in green to celebrate this beer-fuelled event from 5pm to 10pm. An Irish concert will be held in the Thermal Park, with 2 breweries serving Irish beer for the event especially.

Olympe Challenge

14th April

The concept: a 6-hour challenge, between 10am and 4pm a timed climb starting from Brides-les-Bains to the village centre of Les Allues-Méribel. A 3.5 km for 520m/d+.

Festival de la Comédie

Early May

«Brides fait sa comédie» will be back with a new selection of comedians at the «Le Doron» cinema in Brides-les-Bains. Young talent and established comedians!

Tickets available from Tourist Office.



Cycloportive

28th July

The 5th edition of the cycloportive «Col de la Loze by Brides-les-Bains» linking Courchevel and Méribel will take place the 28th July. Measure yourself up to the summit of the Tour de France 2023. Choose between 53 km, 46 km and 30 km.

Bastille Day

13th July

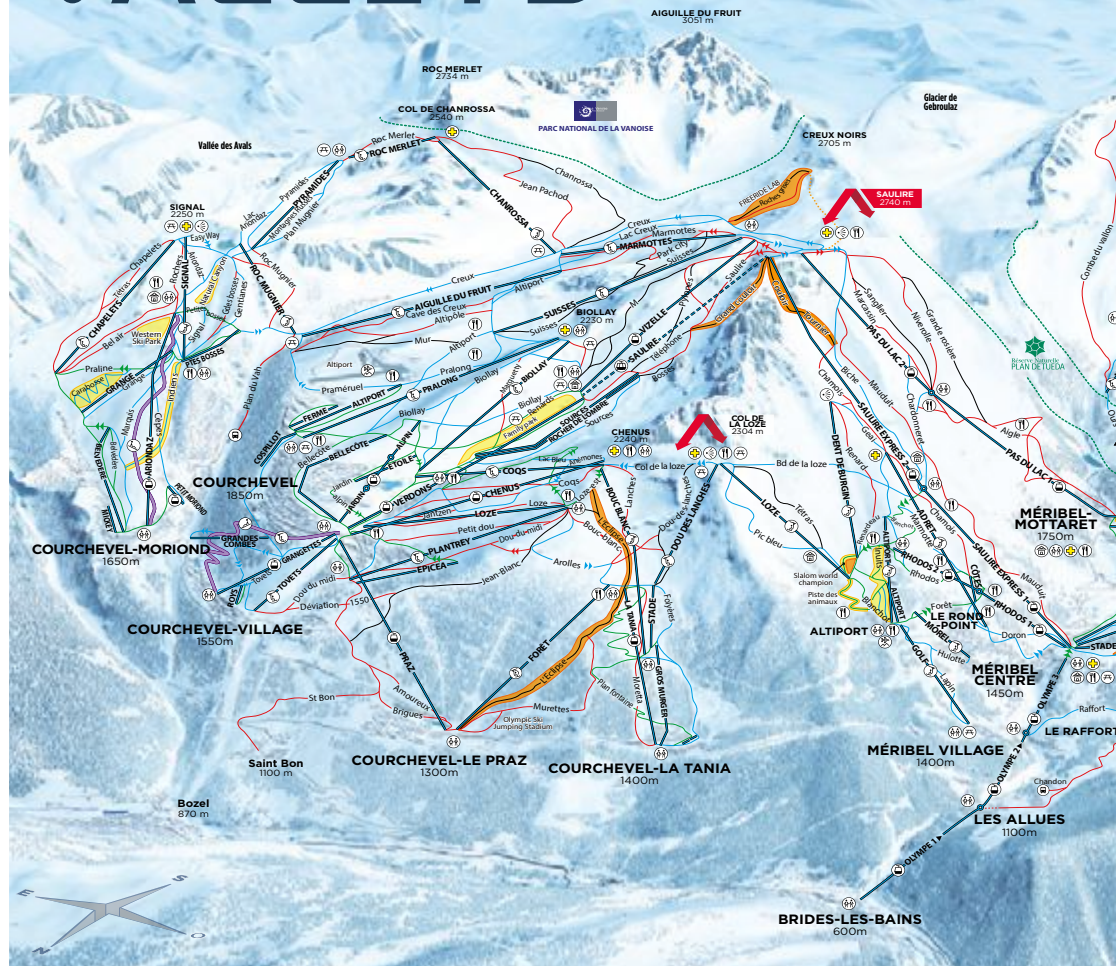
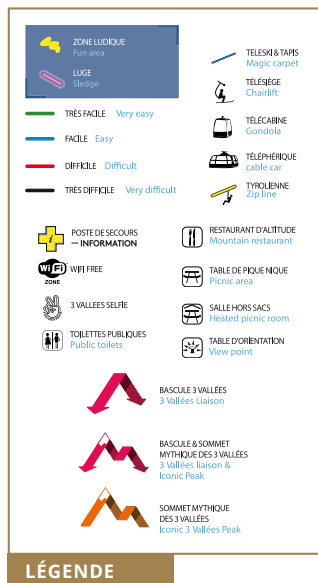
In Brides-les-Bains, it will be celebrated on 13th July. A meal will be shared and accompanied by a concert. There lanterns throughout the town and fireworks to top off the evening in the Thermal park.



Festival du Film Francophone d'Angoulême via Brides

From 2nd to 6th October
Enjoy Angoulême's award-winning films screenings, previews and meetings with the film crews!

DISCOVER THE 3 VALLEYS



600km
SKI RUNS

43
PLAY AREAS

12
SLEDGING AREAS

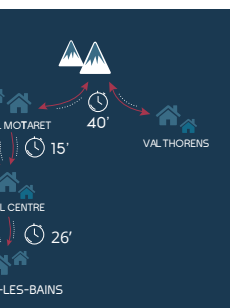
>50%
GREEN & BLUE

**GUARANTEE
SNOW**
+85% ABOVE
1 800M

5
SNOWPARKS

+100km
SKI RUNS
TRAILS

>50%
RED & BLACK



les 3 vallées®



FACILE Easy	TÉLÉSIÈGE À BULLE Chairlift with bubbles	RESTAURANT D'ALTITUDE Mountain restaurant	PORTIONS PLATES Flat sections
DIFFICULTÉ MOYENNE Average difficulty	TÉLÉCABINE Gondola	WC PUBLICS Public toilets	PISTE DE LUGE Sledge run
DIFFICILE Difficult	TÉLÉCABINE Cable car	AIRE DE PIQUE-NIQUE Picnic area	ZONE SKI & FUN Ski & Fun area
TRÈS DIFFICILE Very difficult	TÉLÉCABINE Cable car	PISTE DE PIQUE-NIQUE Picnic area	ZONE SKI & CHALLENGE Ski & Challenge area
TÉLÉSKI / TAPIS Ski lift / Magic carpet	TÉLÉCABINE Cable car	PISTE DE PIQUE-NIQUE Picnic area	ZONE SKI & CHALLENGE Ski & Challenge area
TÉLÉSIÈGE Chairlift	TÉLÉCABINE Cable car	PISTE DE PIQUE-NIQUE Picnic area	ZONE SKI & CHALLENGE Ski & Challenge area
VUE INCONTOURNABLE Panoramic view	TÉLÉCABINE Cable car	PISTE DE PIQUE-NIQUE Picnic area	ZONE SKI & CHALLENGE Ski & Challenge area
SECOURS / INFORMATION First aid / Information Point	TÉLÉCABINE Cable car	PISTE DE PIQUE-NIQUE Picnic area	ZONE SKI & CHALLENGE Ski & Challenge area
TÉLÉCABINE Ski lift	TÉLÉCABINE Cable car	PISTE DE PIQUE-NIQUE Picnic area	ZONE SKI & CHALLENGE Ski & Challenge area
TÉLÉCABINE Ski lift	TÉLÉCABINE Cable car	PISTE DE PIQUE-NIQUE Picnic area	ZONE SKI & CHALLENGE Ski & Challenge area

ACCESS



TRAIN

TGV station of Moûtiers - Salins - Brides-les-Bains at 6 km
SNCF Information and timetable
Tél. 3635 (0,40 €min)
www.sncf-connect.com/



CAR

Highway
Until 6 km away of Brides-les-Bains.
Follow direction vallée de Bozel / Brides-les-Bains.



PLANE

AEROPORTS

• **Lyon St Exupéry / 150 km (1h40)**
Tél. +33 (0)826 800 826 (0.15 €min)
lyonaeroports.com
• **Genève / 120 km (2h)**
Tél. +41 (0)22 798 20 00
gva.ch
• **Chambéry / 90 km (1h15)**
Tél. +33 (0)4 79 54 49 54
chambery-airport.com
• **Grenoble / 160 km (1h50)**
Tél. +33 (0)4 76 65 48 48
grenoble-airport.com
altibus.com
Tél. +33 (0)820 320 368 (0.118 €min)



TAXIS

Find the complete list here :
brides-les-bains.com



BUS

Moûtiers Bus Station : ALTIBUS
Tél. +33 (0)820 320 368 (0.118€min)
altibus.com



PRIVATE SHUTTLE

All airports are served by private shuttles. These shuttles offer greater flexibility in terms of timetables and are still cheaper than private taxis.



Tourist Office

2 Place du Centenaire
73570, Brides-les-Bains
Tel : +33 (0)4 79 55 20 64
www.brides-les-bains.com
9h-12h 13h-18h

Press Contact

Aicha ELMS
presse@brides-les-bains.com
06 79 19 02 27

Keawin HENRY
Press officer
+33 (0)6 47 32 76 85
REVOLUTIONR.COM
khenry@revolutionr.com